



MC&FP FACT SHEET

The campaign

The 5210 Healthy Military Children campaign targets venues where families live, work and play, providing tips on how they can incorporate 5210 into their lives. Venues include commissaries, fitness centers, schools and child care facilities.

Additional information

5210 Healthy Military Children
<http://5210.healthymilitarychildren.psu.edu>

5210 Healthy Military Children

Background

The **5210 Healthy Military Children** campaign encourages parents to help their children take simple steps toward lifetime wellness. Each of the 5210 principles can also be incorporated into adult lives, creating a family effort to reduce obesity and increase physical and nutritional health.

Highlights

Evidence shows that children can benefit from engaging in four research-based behaviors that encourage physical activity and nutritious food choices:

- **5 or more servings of fruits and vegetables:** A single serving can include a medium piece of fruit; 1/2 cup of chopped, canned or cooked fruit; or 1/2 cup of raw or cooked vegetables.
- **2 or fewer hours of screen time:** Screen time is any free time using technological devices while seated. The American Academy of Pediatrics recommends less than two hours of screen time per day for children and adolescents, and no screen time for children younger than 2.
- **1 or more hours of physical activity:** Physical activity raises the heart rate above resting with activities such as aerobics, muscle or bone-strengthening activities, or activities that improve movement and motor skills.
- **0 sweetened beverages a day:** Research shows that limiting consumption of sweetened beverages such as fruit drinks, soda and sports drinks reduces the risk of obesity and dental-related health problems.

